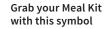


Easy Italian Pork Cotoletta & Parmesan-Rocket Salad

with Dill-Parsley Mayo & Flaked Almonds

BESTSELLER













Seasoning

Panko Breadcrumbs





Parmesan Cheese

Pork Schnitzels





Spinach & Rocket

Flaked Almonds



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 20-30 mins

Carb Smart[^] **^**Custom Recipe is Eat Me Early*

*Custom Posing not Carb Smart *Custom Recipe only

In just 4 easy steps, whip up this pork cotoletta just like Nonna would make! These herby schnitzels crisp up to golden perfection in the pan, which only leaves you with the task of putting together a bright salad to enjoy on the side!



Olive Oil, Plain Flour, Egg, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
pear	1	2		
plain flour*	1 tbs	2 tbs		
salt*	1/4 tsp	½ tsp		
garlic & herb seasoning	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
Parmesan cheese	1 medium packet	1 large packet		
pork schnitzels	1 small packet	2 small packets OR 1 large packet		
balsamic vinegar*	drizzle	drizzle		
spinach & rocket mix	1 medium bag	2 medium bags		
flaked almonds	1 medium packet	1 large packet		
dill & parsley mayonnaise	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	685kJ (164Cal)
Protein (g)	44g	11.3g
Fat, total (g)	33.6g	8.7g
- saturated (g)	6.3g	1.6g
Carbohydrate (g)	37.2g	9.6g
- sugars (g)	9.9g	2.6g
Sodium (mg)	1308mg	337mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2805kJ (670Cal)	679kJ (162Cal)
Protein (g)	48.6g	11.8g
Fat, total (g)	36.3g	8.8g
- saturated (g)	7.1g	1.7g
Carbohydrate (g)	35.3g	8.5g
- sugars (g)	9.7g	2.3g
Sodium (mg)	1002mg	243mg

The quantities provided above are averages only.

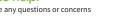
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Cut tomato into wedges.
- Thinly slice **pear**.
- In a shallow bowl, combine the plain flour, the salt, garlic & herb seasoning and a pinch of pepper. In a second shallow bowl, whisk the egg.
- In a third shallow bowl, place panko breadcrumbs and Parmesan cheese (reserve some Parmesan for garnish!).
- Pull apart **pork schnitzels** so you get 2 per person. Dip pork into **flour** mixture, followed by egg and finally in panko breadcrumbs. Set aside.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken in the same way as the pork schnitzels.



Toss the salad

- In a large bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**.
- Top with spinach & rocket mix, tomato and pear. Season and toss to combine.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitzel** in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Divide Parmesan-rocket salad and Italian pork cottoletta between plates.
- Sprinkle over reserved Parmesan cheese.
- Top with flaked almonds and a dollop of dill & parsley mayonnaise to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate